

What To Do When Your Fears And Worries Overwhelm You

What do you do when your worries and anxieties overwhelm you? Here is a brief list of techniques that a person can use to help manage their worries and anxieties. Sometimes what we fear may happen can be overly exaggerated. A lot of times, our worrying can make the problem even worse. Remember that all the worrying in the world will not change anything. All you can do is to do your best each day, hope for the best, and when something does happen, take it in stride. A good way to manage your worry is to challenge your negative thinking with positive statements and realistic thinking. When encountering thoughts that make your fearful or anxious, challenge those thoughts by asking yourself questions that will maintain objectivity and common sense. I read that most of what we worry about never comes true. Instead of worrying about something that probably won't happen, concentrate on what you are able to do. Everything else you can leave in the hands of God. When overwhelmed with worry, a person may encounter a lot of scary thoughts coming at them all at once. Instead of getting upset, remember that these thoughts are exaggerated and are not based on reality. From my interviews with various professionals, I've learned that usually it is the fear behind the thoughts that gets us worked up. Ignore the fear behind these thoughts, and your worry should decrease. When managing your fears and anxieties do not try to tackle everything at once. The best solution is to break your fears or problems into a series of smaller steps. Completing these smaller tasks one at a time will make the stress more manageable and increases your chances of success. As a Layman, I realize it can be difficult to get rid of our fears and worries even when they overwhelm us. If nothing else works, take a deep breath and try to find something to do for a few minutes to get your mind off of the problem. Doing something you enjoy can give you a fresh perspective on things.

About the Author

Stan Popovich is the author of "A Layman's Guide to Managing Fear" an easy to read book that presents a overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to: <http://www.managingfear.com>

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